



"Changing lives, one ride at a time"

BEAMING, Inc.

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SPeCTRM (Sensory Processing and Cognitive Retraining for Mastery)
for individuals dealing with Autism and Aspergers Syndrome

According to the U.S. Department of Education, autism rates have increased more than 1000 percent since 1992. In addition, one key finding of the Fox Cities Life Study Report 2006 is that recreational programs have lagged behind the growth of persons with disabilities living in the area.

Beaming addresses this unmet need through a program for people with autism called SPeCTRM (Sensory Processing, Cognitive Training, for Mastery). Requested funding will partially support a therapeutic horseback riding program for these individuals. Common problems for this population include socialization, communication, and sensory processing which will be addressed through group riding lessons. The program will run for 27 weeks. The timeline includes intake, evaluations, goal setting and scheduling to be completed in March 2010 with riding lessons running from April through October 2010. Pre and post surveys will be tabulated for outcomes after the last week of lessons.

Research studies suggest that even 8 weeks of therapeutic horseback riding causes positive behavior changes in children with autism such as decreased echolalic (repetitive echoing) speech and self directed (autistic stereotypical self-stimulating) behaviors (Tolson, 1997). At BEAMING, riders with autism have demonstrated significant improvements in sensory integration, communication, social relationships, and quality of life.

Expected outcomes for riders in the **SPeCTRM** program include:



1. Riders will report improved self-confidence to attempt other new activities in their daily life and an increase in other social/leisure activities outside of family activities as evidenced in a pre/post self assessment questionnaire.
2. Riders will normalize sensory seeking behaviors to improve engagement in social, school, and self-care activities as evidenced in a pre/post self assessment questionnaire.
3. Riders will demonstrate improved body awareness, posture and motor planning to generalize to daily living skills as evidenced in a pre/post self assessment questionnaire.